

JULY-AUGUST 2014 | PROGRAMS, SERVICES AND ACTIVITIES

SENIOR CENTER

Activity 50+



fun
MORE THAN YOU IMAGINED

Hours: Mon-Fri 8am-5pm | Extended Hours Mon-Wed 5pm-9pm
253-931-3016 | www.auburnwa.gov/seniors

AUBURN
MORE THAN YOU IMAGINED

Volunteer Root Beer **Float** Party!

August 19th at 2 p.m.



Volunteers are the heart of the Senior Center and we are hosting a Root Beer Float party at Game Farm Park's Picnic Shelter to thank them. All Senior Center Volunteers are invited to enjoy a tasty treat, the beautiful park, and visiting with fellow volunteers. This is one way of thanking you for all the hard work you do. We will meet you at Game Farm Park. If you need a ride to Game Farm Park, please be at the Senior Activity Center at 1:30 p.m.

MORE ^{fun} THAN YOU IN

Summertime Fun!

July is often the beginning of our nice summer weather. This means it is the perfect time to take part in our day trips, hikes, BBQ's and special events throughout the city.

Check out our **new Outdoor Adventure programs**. Now is the time to get out and enjoy all the Pacific Northwest summer has to offer.

Start off the month of July with the annual **July 4th Festival** in Les Gove Park. Be sure to visit Granny's Pie Shack at the Senior Center for a great slice of pie.

The summer months bring concerts and movies in the local parks and City Hall Plaza on a weekly basis.

Enjoy locally grown produce and events at the **Auburn International Farmers Market**, Sundays from 10 am – 3pm. Senior Appreciation day is July 6.

August in Auburn would not be complete without **Auburn Days**. The Queen of Auburn Days has been selected. She will reign over the Festival August 8 - 10. She will also represent the Auburn Community in area parades and festivals.

Volunteers are the heart of the Center. August 19th we are hosting a **Root Beer Float party** at Game Farm Park to thank them. All Senior Center Volunteers are invited to enjoy a tasty treat, the beautiful park, and visiting with fellow volunteers. This is one way of thanking you for all the hard work you do.

The heat getting too much for you? Remember the Senior Center is air conditioned. We are open 8 am to 9 pm Mondays – Wednesdays, and 8 am to 5 pm Thursday and Friday. Stop by to cool off, enjoy lunch (including a great salad bar), watch a movie on Wednesdays, play a game of cards, or just to sip on a large glass of iced tea and visit with friends.

In This Issue:

Cover Photo: Hikers

Trips & Tours.....4-6
Sports 7
Hikes & Walks.....8-9
Special Events 10-11
Classes & Workshops.... 12-15
Days at a Glance..... 16-17
Food & Meals 18-19

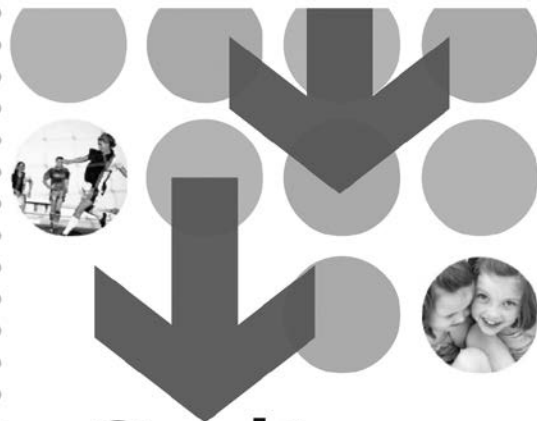
Volunteers 20
Health & Wellness 21
Support Services 22-23
General Info. 24
Registration Info..... 25-26

Auburn Senior Activity Center

808 9th Street SE | Auburn, WA 98002

253-931-3016 | www.auburnwa.gov/seniors

Mon-Fri, 8am-5pm | Evening Hours: Mon-Wed, 5-8pm



Online

You're First in Line

www.auburnwa.gov/play

Online Registration Is Easy!

- Set up your personal account.
- Search for your favorite classes and activities.
- Register online with our secure system.



Convenient

The flexibility to register and pay at your convenience, anytime, from anywhere.



Time-Saving

In less than five minutes, you can setup your account and enroll for your program.



Easy

Three simple steps, and you'll be enrolled in the program of your choice.



Eco-Friendly

You don't have to burn gas driving over to register in person, and it saves paper too.

If you would like to learn how to register online please sign up for one of these two classes.

41640 M June 30 3-3:30p
41641 Th August 28 3-3:30p

Trips and tours

Dine Outs: Lunch & Dinner

Here is the perfect excuse for dining out with friends. Join us monthly for a different restaurant, lunch and dinner options available. Leave the restaurant choosing and driving to us. Meal costs are on your own, except where noted.

Mystery Dinner

Surprise its a mystery dinner! Enjoy live jazz with a fantastic view and great food. Price Range: \$12-\$59

Jul 16 **W** **5-8p** **\$7/\$9** **41529**

Summit House/Gondola Ride @ Crystal Mountain

Located at the top of the Mt. Rainier Gondola at 6,872 feet, this mountain-top restaurant is more than just a place to eat, it's an experience. Price Range: \$9-\$31

Jul 31 **Th** **11a- 2:30p** **\$31/\$33** **41531**

Brunch @ Salish Lodge

It's hard to imagine a more stunning location for a memorable meal. With outstanding views of the Falls and Snoqualmie River, The Dining Room at Salish Lodge & Spa provides a first rate experience. Price Range: \$10-\$25

Aug 15 **F** **11a- 2:30p** **\$7/\$9** **41530**

Salty's @ Redondo

Salty's menu showcases, award winning, dining experiences by providing only the freshest, finest ingredients, produce and one of the best wine lists in the area. Price Range: \$13-\$85

Aug 27 **W** **4:30- 7p** **\$7/\$9** **41528**

If you would like to learn how to register online please sign up for one of these two classes.

41640 M June 30 3-3:30p

41641 Th August 28 3-3:30p

Items to Note:

- Individuals taking trips or tours with the Senior Center need to complete a confidential form, which includes health insurance information, emergency contacts, medications taken, etc. Forms are sent with the escort on each trip so if there is a medical emergency, we can act effectively on your behalf.
- Those needing special assistance on any trip need to see staff regarding handicapped accessibility.

Excursions

Wild Horse Wind Farm @ Ellensburg

Come tour the Wild Horse Wind Farm in Ellensburg. This is a 229-megawatt wind farm built by Puget Sound Energy that is placed on the high open ridge tops of Whiskey Dick Mountain. Lunch on your own at Rodeo City BBQ in historic downtown Ellensburg. Price Range \$8.99-\$20

Jul 17 **Th** **8:30a- 4p** **\$12/\$15** **41543**

Seattle Mariners vs NY Mets

Join Washington State Association of Senior Centers and Seniors from across the State as the Mariners take on the New York Mets. Seats are located in the Terrace Club where every spot has a fantastic view. Fee includes ticket and transportation.

Jul 23 **W** **11a- 5p** **\$55/\$60** **41454**

Ride the Ducks

Ride the Ducks has been voted the #1 City Tour in Seattle for the past six years and is a must-do experience. You'll see all the sights of Seattle, but this isn't your normal sightseeing tour. You'll laugh, you'll learn and you may even roll your eyes. Fee includes transportation and tour. There will be an independent lunch in downtown Seattle.

Aug 7 **Th** **8:30a-4p** **\$40/\$44** **41607**

Tacoma Rainiers

We are going to head to Tacoma's beautiful Cheney Stadium to watch the Rainiers take on Sacramento. Your fee includes a ticket, a Rainiers baseball hat, hot dog, chips and a water.

Jul 28 **M** **10:15a- 3:30p** **\$29/\$33** **41533**

Sailing - Seattle

Enjoy the Seattle waterfront in style as a guest aboard a high performance sailing yacht, you can take the helm, trim the sails, or just sit back and relax. Whatever you choose, the highly experienced crew will make your sailing experience a memorable one. Lunch on your own on the Seattle Waterfront with 2 hrs of free time.

Aug 4 **M** **8:30a- 4:30p** **\$37/\$41** **41544**

Deception Pass Speed Boat Tour

This tour will give you the chance to experience the bridge as you have never seen it before.....by water. The sights, smells and sounds while traveling through the whirlpools of Deception pass aboard the Island Whaler are awe-inspiring and the historical tales of the region's notorious characters should not be skipped. After our tour we will drive south through Whidbey Island stopping in Oak Harbor for an independent lunch. Fee includes tour, ferry ride on return trip, and transportation.

Aug 14 Th 8:30a- 5p \$25/\$29 41536

Hurricane Ridge

Sit back and relax as we travel to the beautiful Olympic Peninsula. We will visit Hurricane Ridge and have lunch at Lake Crescent Lodge. Fee includes motorcoach transportation and a senior center escort.

Sep 3 W 8a-7p \$60/\$64 41606

Outdoor Adventures*New*

Outdoor Adventures are not handicap accessible

Kayaking @ Gig Harbor

Enjoy a two-hour guided kayak tour around Gig Harbor. Learn about the beautiful landmarks and historic past. Lunch on your own after kayaking at Tides Tavern in historic downtown Gig Harbor. Price Range \$9.99-\$21.99

Jul 21 M 9a- 3p \$59/\$64 41538

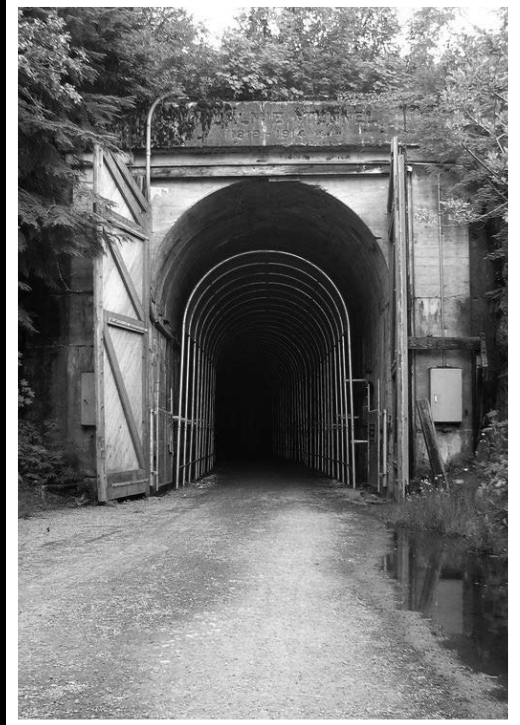
Biking: Iron Horse Trail- Hyak to Rattlesnake Lake

The Iron Horse Trail (a.k.a. the John Wayne Pioneer Trail) is an old railroad line converted to a trail. The 22-mile ride features a 2.5 mile long tunnel and several high trestle bridges. The long tunnel and the bridges help make the ride especially fun. Near Olallie State Park you may see some rock climbers climbing on the cliffs above the trail. You will need your own bike and bike lamp or head lamp for the tunnel. Please bring water and a brown bag lunch. Fee includes transportation of you and your bike and escort.

Aug 18 M 9a- 2:30p \$10/\$13 41564

Red Hat Society: Auburn Mad Hatters

Monday, July 14th: Depart Senior Center at 10 am. Enjoy being a "tourist" close to home. Our day in Seattle will include lunch on the waterfront, a ride on the Big Wheel and shopping at Pike Place Market. Cost of lunch and the Big Wheel is on your own. Transportation is \$8.

**Biking Snoqualmie Tunnel
Monday, August 18**

Thursday August 14th: Depart Auburn Senior Center at 10:30 am

Summer is the perfect time to visit local farmers markets and farm stands. Our first stop we will be the Tacoma Farmers Market. This market is known for wonderful produce, crafts and food stands. There are also many Antique Stores to explore next to the market. Before heading home we will make a stop at Sterinos Farm in Puyallup for more delicious produce. Lunch and shopping is on your own. Transportation is \$6.

RSVP to attend any of the above events. Drivers will be arranged according to interest. Please email or call if you would like to attend these events so transportation arrangements can be made. Email or call Jerry Merriman, jmerriman5@q.com (253) 752-6700.

Auburn Senior Center
Presents:

Tropical Costa Rica

Highlights:

collette
guided by travel

San Jose • Coffee Plantation • Guanacaste • Monteverde Cloud Forest • Hanging Bridges • Arena!
Volcano • Lake Arenal Cruise • Cooking Demonstration • Cano Negro Refuge • Zarcero •
National Theatre

9 Days- 14 Meals: 8 Breakfasts, 6 Dinners

Per Person Rates:

Double: \$2,449; Single: \$2,949
Deposit: \$250, Travel Insurance: \$260

Departs March 2015



Travel Presentation:
August 20th 10 a.m.



Islands of New England

Highlights:

collette
guided by travel

Providence • Boston • Newport • Cranberry Bog • Plymouth Rock • Plimoth Plantation
• Cape Cod • Nantucket • Martha's Vineyard • Hyannis • Providencetown • Whale Watch or Sand Dunes •
Lobster Dinner

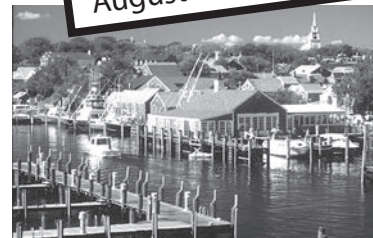
8 Days • 11 Meals: 7 Breakfasts, 1 Lunch, 3 Dinners

Per Person Rates:

Double: \$2,579, Single: \$2,979
Price good until May 1, 2015

Departs October 2, 2015

Travel Presentation:
August 20th 11 a.m.



- Spend four nights at an oceanfront Cape Cod hotel enjoying a private sandy beach.
- At Plimoth Plantation, journey back in time to the 1620s when the Mayflower landed in Plymouth, Massachusetts.
- Spend a day exploring Nantucket, known for its beautiful cottages and cobblestone streets.
- Enjoy a guided tour of a working New England cranberry bog.
- Celebrate the taste of Cape Cod with a traditional New England lobster dinner.
- \$250 Deposit, Travel insurance is \$205

Pool Tables

Open Pool Room: Monday-Friday

Except for Friday afternoons and Monday evenings during tournaments.

There is always hot competition in the pool room. Come and join the fun – all players are welcome.

Daytime Pool Tournaments

Tournaments have priority on all three tables.

Because of the popularity of tournaments, they often last several hours.

If you plan to participate, please be prompt.

Wednesday Pool Tournaments

1st Wednesday at 1:30 p.m.: Scotch Doubles

\$1 donation suggested for refreshments

(sign up in Pool Room by 1 p.m.)

Friday Pool Tournaments

Fridays at 12:45 p.m. (sign up in Pool Room by 12:30 p.m.)

1st Friday: Open

2nd Friday: Men's 8-ball

3rd Friday: Open

4th Friday: Men's 9-ball

Evening Pool Tournaments

Mondays: 6-9 p.m. (sign up in the Pool Room by 5:45 p.m.)

1st Monday: Mixed Doubles 8-Ball

2nd Monday: Ladies 8-Ball

3rd Monday: Mixed Doubles 9-Ball

4th Monday: Ladies 9-Ball

Table Tennis

Players of all abilities are welcome to play this entertaining game on Tuesday afternoons.

Tuesdays, 2-4:30 p.m., Free

Wii Bowling League

In-House League

Wii Bowling is a fantastic game that anyone can play. Players of all ability are welcome. You will now register as a team, that is why the fee has increased. Only two members

of the team will bowl per week, but you can have more than two on a team if you wish.

Starts Sep 17 W 9a-12p \$16/\$20 #41549



Gymnasium at Les Gove Park

Open Gym Schedule

No open gym in July or August.

Golf League

Join us for a weekly round of golf at the Auburn Golf Course. In this recreational senior league, fun is the name of the game. Register for the league at the Senior Center. Greens Fees are payable at the golf course, \$17 for 9-holes, \$29 for 18 holes on Monday and Thursday 9-holes is \$11 to walk, cart fees are extra.

May 5-Sep 22	M	8:30a	\$10/\$13	#41365
May 1-Sep 18	Th	12:45p	\$10/\$13	#41365



Free Swims at the YMCA

The Auburn YMCA, located at 1620 Perimeter Road SW, offers free swimming opportunities to City of Auburn residents.

Family Swim (both pools)

Sundays, 5-6 p.m., through August 31

Lap Swim (in three lanes)

Tuesday & Thursdays, 8-9 a.m., through August 28,

Water Aerobics (limit 20)

Tuesday & Thursdays, 9-10 a.m., through August 28,



Hikes and walks



Hikes

Sunrise Rim Trail/Silver Forest Miles: 4 Rating: 2+

This is the only "relatively" easy hike at Sunrise. The trail follows the rim along the White River hundreds of feet below. The trail has only 300 feet of elevation gain but the starting altitude is 6400 feet so the air is thin. Hikers will lunch at the Emmons Overlook offering spectacular views of Mount Rainier then back track to connect with the Silver Forest Trail. This trail winds through meadows and to a stand of trees impacted by fire long ago. Hikers will have time to explore the restored historic visitor center.

Jul 11 F *8:30a- 5p \$10/\$13 41551

Silver Falls/Grove of the Patriarchs

Miles: 5 Rating: 3

This wooded trail starts at the Ohanapecosh Camp Ground at Mount Rainier. The trail winds through the woods gradually up-hill finally reaching the spectacular Silver Falls. There is one significant hill to the trail head for the Grove of the Patriarchs. Total elevation gain is 680 feet.

Jul 18 F *7:30a- 5p \$10/\$13 41552

Skyscraper Pass

Miles: 7 Rating: 4

For the first 1.4 miles share the trail with hikers to Fremont Lookout. Then join the Wonderland Trail and the opportunity to lunch with mountain goats. The 1300 feet of elevation gain will take hikers to views of Granite Falls tumbling from the Winthrop Glacier and Sluiskin Mountain. The trail offers no tree cover so bring lots of water and accessible snacks. The 4 rating for this hike has much to do with the starting elevation of 6400 feet.

Jul 25 F *7:30a- 5p \$10/\$13 41553

Naches Loop

Miles: 4 Rating: 2+

Panoramic views will greet hikers on this loop hike on Chinook Pass. Beginning at Tipsoo Lake the trail goes up hill to cross Chinook Pass. Hiking in a clockwise direction hikers will experience vistas to the east and along the spine of the Cascades across Dewey Lakes in the valley below. Weather permitting Mt. Rainier will be in their faces as the complete the loop.

Aug 1 F 9a- 5p \$10/\$13 41554

Sheep Lake

Miles: 4 or 6 Rating: 2+ or 3

Panoramic views and fall colors will greet hikers on this loop hike on Chinook Pass. Beginning at Tipsoo Lake the trail goes up hill to cross Chinook Pass. Hiking in a clockwise direction hikers will experience vistas to the east and along the spine of the Cascades across Dewey Lakes in the valley below. Weather permitting Mt. Rainier will be in their faces as the complete the loop.

Aug 8 F *8:30a- 5p \$10/\$13 41555

Burroughs Mt.

Miles: 6.2 Rating: 4

Panoramic views and fall colors will greet hikers on this loop hike on Chinook Pass. Beginning at Tipsoo Lake the trail goes up hill to cross Chinook Pass. Hiking in a clockwise direction hikers will experience vistas to the east and along the spine of the Cascades across Dewey Lakes in the valley below. Weather permitting Mt. Rainier will be in their faces as the complete the loop.

Aug 22 F *7:30a- 5p \$10/\$13 41556

Owyhigh Lakes.

Miles: 7 Rating: 3

The hike is a moderate climb with a 1300 foot elevation gain. Hikers will climb to quiet meadows dotted by shallow lakes. The trail begins just inside the White River entrance to Mt. Rainier and follows a series of switchbacks between Cowlitz Chimneys and Governors Ridge.

Aug 29 F *8:30a- 5p \$10/\$13 41557

Overnight Hike Tall Timbers

For our annual overnight hike we are heading to Eastern Washington. Tall Timbers is located 30 miles from Leavenworth. It is on a beautiful piece of property.. The scouting committee will put together a couple of wonderful hikes for the trip. A \$75 deposit is due at the time of registration with the balance due on August 1. There is no cell service or wifi. Rooming is limited. No online registration for this trip.

Sep 8-10 8a- 9p \$175/\$265 40907



*** Note earlier departure time**



Walks

Tolt-McDonald

Miles: 3

Cross a 500 foot long suspension bridge across the Snoqualmie River to access miles of trails. Unpaved trails follow the west side of the Snoqualmie River and paved trails along the Tolt River. Walkers will have the opportunity to see birds and perhaps salmon. Lunch out at Remlinger Farms.

Jul 8 **T** **9:30a- 2:30p** **\$8/\$10** **41558**

Carbon River Trail

Miles: 3

The Carbon River has transformed the road to Ipsut Campground into a trail only passable by foot or bicycle. Walkers will start at the Carbon River entrance to Mt. Rainier and walk through a rain forest to a turnaround spot. Although walkers can bring a lunch there is a lunch option at Wally's in Buckley.

Jul 22 **T** **9:30a- 2:30p** **\$8/\$10** **41559**

Federation Forest

Miles: 3

Federation Forest State Park provides 600 acres of old growth forest surrounded by clear cuts. Two loops of interpretive trail connect with trail that follows the Naches Trail along the White River. The Naches Trail was used by pioneers traveling from Fort Walla Walla to Fort Steilacoom in the 1850's. Expect some exposed roots and muddy spots. Enjoy an ice cream stop at Wapiti Woolies.

Aug 12 **T** **9:30a- 2:30p** **\$8/\$10** **41560**

Cedar River Trail

Miles: 3

Walkers will begin at the Renton Senior Center and follow the Cedar River to Lake Washington. The trail is paved and has little elevation change.

Aug 26 **T** **9:30a- 2:30p** **\$8/\$10** **41561**



First Timer?

New to the Hiking/Walking Program?

Destinations vary throughout the year. Hikes range from 4-8 miles; walks are up to 3 miles. If you are new to walks and hikes with the Auburn Senior Activity Center, please pick up a Hiking/Walking Manual from the front desk or online on our senior website, for full details about what to expect. Also, please bring water, a sack lunch (unless otherwise noted) and be prepared to stop for a snack on our return trip home.

Waiting List

If you want to be notified when a hike/walk isn't full, please register for the Class #28761 to be added to the email list.



Hike Ratings

- 1** Paved and/or smooth trail surface; no significant hills; no more than 5 miles.
- 2** Moderate; sometimes paved; some hills; may be over 5 miles.
- 3** Some difficult terrain; substantial hills and/or steps; elevation gain under 1,200 feet. Walkers with health problems should use caution.
- 4** Difficult; steep hills; may be poorly maintained or very irregular; over 1,200 feet elevation gain; may be over 5 miles. Walkers with health problems should use caution.

Special events

Special Luncheons

Summer BBQ's

Summer is here, which means it is time to enjoy our patio. We have scheduled special BBQ lunches once a month in July, August and September. Please purchase tickets in advance at the front desk. \$3 suggested donation/\$6 for those under 60.

July 8	T	12p	Hamburger w/ Grilled Onions	41582
August 13	W	12p	BBQ Chicken	41583
September 11	Th	12p	Polish Dogs w/ Sauerkraut	41584

Birthday & Anniversary Celebrations

Are you celebrating a birthday or anniversary? We invite you to be seated, with your guests, at a special table where you will be treated to cake and ice cream and a special party favor. Couples celebrating 50 or more years of marriage will be treated to a free lunch. Sign up at the front desk to reserve your seat. When you sign up, let us know if you will have guests and how many. We will have flowers for our age 80 or over birthday celebrants and roses to couples celebrating 50 or more years of marriage, so be sure to tell us if you qualify.

Thursday, July 17 at 11:30 a.m.

Sponsored By:

Thursday, August 21 at 11:30 a.m.

\$3 suggested donation; \$6 for those under 60



Canterbury House



**Please sign
in each time
you visit
the Senior
Center.**

Coming Soon!

Wellness Fair

September 25

Volunteer Lunch

October 24

Special Events

Auburn's 4th of July Festival

Friday, July 4 from 11am-4pm at Les Gove Park

Auburn's annual Fourth of July Festival is always a home-town favorite with a parade that includes the 2014 Auburn Days Queen, live entertainment, food, arts and crafts designed to please everyone in the family. Be sure to stop by the park for an afternoon of fun. Remember to visit Granny's Pie Shack!



Coffee Hour with the Mayor and Councilmembers

The Auburn community is growing and changing daily. To help keep you up-to-date and informed on issues, join us at a monthly coffee hour featuring specific Council members or the Mayor as the speakers. Topics include committees, upcoming projects, or Auburn's role in King and Pierce Counties. This is your opportunity to speak directly to your elected officials. Coffee and cookies will be served.

Thursday, July 10, 10-11 a.m.

Council Members Largo Wales and John Holman

Thursday, August 14, 10-11 a.m.

Deputy Mayor Rich Wagner and Wayne Osborne

Cheryl Sallee Art Gallery

June 30 – August 28

Kathy McFall-Butler, creates acrylic paintings that explore both the landscapes and the extreme details of our natural world.

Volunteer Root Beer Float Party

Volunteers are the heart of the Center. August 19th at 2pm we are hosting a Root Beer Float party at Game Farm Park's Picnic Shelter to thank them. All Senior Center Volunteers are invited to enjoy a tasty treat, the beautiful park, and visiting with fellow volunteers. This is one way of thanking you for all the hard work you do. Please meet us at the park. If you need a ride to the park please meet us at the senior center at 1:30.

Classes and workshops

Fitness

Silver Sneakers - Healthways Membership

The Auburn Senior Activity Center is now eligible to be a Silver Sneakers site. This gives adults 65+ on Medicare with the following supplemental health plans AARP Medicare Complete by United Healthcare, Asuris NW Health, Group Health, Health Alliance Medicare, Humana, Premera Blue Cross, Providence Health Plan, Regence Blue Shield of Washington and Soundpath Health; access to the following classes at the Senior Center for no cost. Silver Sneakers classes are available to all people 50+ for a fee. Instructor, Margie Willis. No class on July 4.

Silver Sneakers – Healthways Member

July	Free	41585
August	Free	41586
September	Free	41587

Silver Sneakers Cardio

Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Jul 2-30	8:15- 9:15a	\$26/\$33	41565
Aug 1-29	8:15- 9:15a	\$26/\$33	41566
Sep 3-29	8:15- 9:15a	\$26/\$33	41573

Silver Sneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Jul 2-30	3:30- 4:30p	\$26/\$33	41567
Aug 1-29	3:30- 4:30p	\$26/\$33	41568
Sep 3-29	3:30- 4:30p	\$26/\$33	41575

Silver Sneakers Yoga

Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Jul 1-29	T	3:30- 4:30p	\$26/\$33	41569
Aug 5-26	T	3:30- 4:30p	\$22/\$28	41570
Sep 2-30	T	3:30- 4:30p	\$26/\$33	41571

Silver Sneakers Punch Card

This card will get you 10 visits at any of our 3 classes.

July	\$52/\$65	41590
August	\$52/\$65	41591
September	\$52/\$65	41592



Yoga in the Viniyoga Tradition

Beginning Yoga in the Viniyoga tradition relieves emotional stress, tones the body, achieves balance in body, mind and emotions. Class includes both standing and floor poses.

Bring a yoga mat and blanket to class.

Instructor: Hal Meng, ERYT

Jul 9-Aug 27 W 6-7:15p \$63/\$79 #41136

Beginning Yoga Flex Option

Flex option gives you the flexibility to attend any eight classes during the 16-weeks of the current quarter. See course description listed separately. Bring a yoga mat and blanket to class. This flex option expires August 27.

Instructor: Hal Meng, ERYT

Apr 30-Aug 27 W 6-7:15p \$63/\$79 #41138

Introduction to Tai Chi

Tai Chi students enjoy both mental and physical benefits including strengthening, flexibility and coordination. Students learn gentle exercises and the practice of individual movements.

Instructor: Gil Bortleson

Jul 7-Aug 4 M 7:30-8:30p \$33/\$42 #41128

Intermediate Tai Chi

Students will start with gentle exercises and practice refining individual movements learned in the introduction class and gradually work into more advanced movements. Prerequisite: Introduction Tai Chi or permission of instructor. Instructor: Gil Bortleson

Jul 7-Aug 4 M 6:15-7:15p \$33/\$42 #41130

Dance**Zumba Gold**

Latin dance style workout made for seniors. Lets dance off some Holiday calories, Zumba style music is fun, moves are simple and very repetitive you will be sweating before you know it.

Instructor: Willis

Jul 1-29 T 8:30-9:30a \$26/\$33 #41579

Aug 5-26 T 8:30-9:30a \$22/\$28 #41580

Sep 2-30 T 8:30-9:30a \$26/\$33 #41581

Line Dancing

Learn the joys of Line Dancing with Janie Redick. You will get some great exercise while having lots of fun. Wear lightweight comfortable clothes and leather soled-shoes(or shoes that are conducive to dancing). A water bottle is a good idea. Punch card can be carried over from one month to the next.

Instructor: Janie Redick

July 3-31 Th 2-4p #41593

Aug 7-28 Th 2-4p #41594

Sep 4-18 Th 2-4p #41595

Fee: 5 Visit \$26/\$33; 10 Visits \$47/\$59

Country Music Fever

Join us for free music and dancing on the 2nd and 4th Wednesdays of the month from 10-11:30 a.m. If you like music and dancing you will enjoy this drop-in opportunity. See you there!

How to Read Class Information

AARP Driver Safety ← Class name

This nationally acclaimed course provides senior-aged drivers an opportunity to learn how to drive more efficiently and safely.

Jan 6-Apr 21 T,W 10a-3p \$68/\$85 #31810

↓
Date(s)

↓
Class Day(s)

↓
Class Time

↓
Auburn Resident/Non-Resident Fee

↓
Class #

Auburn Int'l Farmers Market



Algona • Auburn • Pacific

Experience the taste of fresh locally grown produce.

Celebrate the diversity of food.

Behold the color and smell of fabulous fresh cut flowers.

See you at the Market

Sundays, June 8-September 21 | 10 a.m. - 3 p.m.

Downtown Auburn, Sound Transit Plaza, 23 A Street SW

www.auburnfarmersmarket.org | 253-266-2726

Classes and workshops

City of Auburn | Auburn Senior Activity Center



Computers

Computer Use

The computer lab at the Senior Center is available for drop-in use. Computer time is limited to 120 minutes per day. Please see the front desk for a code to use the computers. Headphones are located at each computer.

Open Hours

Monday-Wednesday: 8 a.m. - 9 p.m.

Thursday and Friday: 8 a.m. - 5 p.m.

Computer Tutoring

Do you have specific questions about how to use the Internet, Microsoft Word® or Excel®? Or have general questions about computers? Come drop by our open computer labs with tutor times?

Open Lab with Tutor (Subject to Change)

Mondays: 1:30-3:30 p.m.

Tuesdays: 12-2:00 p.m.

Fridays: 10 a.m. - 12 noon

Printing Fee

There is a fee to use the printer. You can purchase a printing card worth \$2.50 or \$5, or you can pay 10 cents per sheet, at the front desk for your printing convenience.

If you plan on downloading, creating or changing files of any type please bring a removable storage device, such as a disk or USB drive. **No personal files will be stored on the computers.** For your convenience CDs are for sale for \$1 each at the front desk.

Please Note!
All program instructors
hired by the Auburn
Senior Activity Center are
independent contractors
and the responsibility
for the curriculum of
the class rests with the
instructor.

Did You Know?

The King County Library in Auburn offers Computer Classes and up to 75 pages of free printing per week. Call 253-931-3018 for more information.

Academic

AARP Driver Safety

This nationally acclaimed course provides senior-aged drivers an opportunity to learn how to drive more efficiently and safely. Supported by the State, a reduction in auto insurance rates is mandated for individuals completing the course. Payment of \$20 is required the first day of class. AARP members will receive a \$5 discount if they have their membership card with the number. Make check payable to AARP.

Aug 25-26 M,T 10a- 3p

40546

Sep 22-23 M,T 10a- 3p

40549

Spanish Study Group

Do you speak Spanish? Then we have a group for you.

This group is meant for individuals who are interested in enhancing their language skills. Open to serious Spanish enthusiast who speak at an intermediate level. There is no charge to participate in the group.

Facilitator: Ron Kusunose.

Thursdays, 10 a.m.-12 noon

Book Club: Auburn Senior Readers & Friends Book

Join our monthly book club. All are welcome.

1st Tuesday of every month,

10 a.m. - 12 noon

Tuesday July 1

"Glass Castle" by Janet Wells

Tuesday, August 5

"The Widower's Tale" by Julia Glass

Tuesday, September 2

"Free Boy" by Lorraine McConaghy

Art

Watercolor Workshop #2- Paper Choices

Watercolor paper comes in many types and varies in many ways. Learn paper types available and what they are best suited for. Various paper types provided. Bring paints, brushes, watercolor supplies (wc pencils/crayons if you have)

Instructor: Iwasaki.

Jun 25 W 12:30-4:30p \$42/\$53 #41214

Watercolor Workshop #3- Tissue Texture

Learn how to add a texturing technique that will add interest and depth to your painting. Texture materials provided. Bring paints, brushes watercolor supplies.

Instructor: Iwasaki.

Jul 14 M 12:30-4:30p \$42/\$53 #41215

Arts & Events in Downtown Auburn

Soundbites

Thursdays, 12pm-1pm

City Hall Plaza, 25 West Main Street

Auburn's newest concert series, **SOUNDBITES!** - a lively, eclectic music series certain to quench your ears and appetite! Join us Thursdays in July and August to enjoy your lunch hour with a fun and **FREE** outdoor concert.

- Thursday, July 17 - Hook Me Up (Contemporary Jazz)
- Thursday, July 24 - Michael Powers (Guitarist Extraordinaire)
- Thursday, July 31 - Off The Hook (Old School Funk)
- Thursday, August 7 - Tumbling Dice (Rolling Stones Tribute)
- Thursday, August 14 - Wally and the Beavs (50's & 60's Rock & Roll)



Auburn Int'l Farmers Market

Every Sunday through September 21

10 a.m. – 3 p.m., Sound Transit Plaza, 23 A Street SW

The Market offers a variety of fresh, locally grown farm-based foods and hand-crafted items. Join us for free musical performances, guest chef demonstrations, children's activities, and presentations related to health, nutrition, and gardening. Come weekly for your best and most delicious local shopping experience.

- Sunday, July 6- Senior Appreciation Day
- Sunday, July 13- Dog Days of Summer
- Sunday, August 3- National Farmers Market Week (Canning Demonstration from 11:30 a.m. – 12:30 p.m.)
- Sunday, August 10- International Day
- Sunday, August 24- 3rd Annual Chili Cook-Off from 11:00 a.m.-2:00 p.m.
- Sunday, September 7- Marianne Binetti from 12:00 - 2:00 p.m.

*Note- Food vouchers are available for low income seniors. Call the senior center for more information.

Pianos on Parade

Daily, August 8 through September 8

Head downtown Auburn to play anything from Chopsticks to Chopin on five artistically treated pianos that are part of the City of Auburn's temporary art and music installation titled "Pianos on Parade". This third annual temporary art project, will be installed on August 8 and will be on view and available for play until September 8. Artists will give each piano a new artistically-treated exterior and the pianos will be on-display and available for play in the following locations in downtown Auburn: Auburn City Hall Plaza; adjacent to Station Bistro at Sound Transit Plaza; adjacent to Home Plate Pub in the B Street Plaza; and adjacent to Zola's Café at the corner of Main Street and D Street. This third annual Piano on Parade promises to be a delight to the ears and eyes for downtown visitors.



Daytime at a glance

FREE DAYTIME ACTIVITIES

Mah Jongg *(Wright Patterson AFB Rules)*

Mondays:

10 a.m. - 12 noon & 12:45-2:30 p.m.

Scrabble®

Mondays: 1-4:30 p.m.

Fridays: 1-4:30 p.m.

Canasta

Tuesdays: 9:30-11:30 a.m.

Bingo

1st & 3rd Tuesdays: 12:45-2:15

Sponsored by Brannan Park Retirement

Table Tennis

Tuesdays: 2-4:30 p.m.

Computer Tutor

Mondays: 1:30-3:30 p.m.

Tuesdays: 12-2 p.m.

Fridays: 10 a.m. - 12 noon

Music & Dancing *(see page 13 for details)*

2nd & 4th Wednesday: 10-11:30 a.m.

Pinochle Parties

Tuesdays: 12:45-3:30 p.m.

Thursdays: 12:45-3:30 p.m.

Contract Bridge

Fridays: 10 a.m. - 12 noon & 12:45-3 p.m.

Monthly Book Club

(see page 14 for book choices)

1st Tuesday: 10 a.m.-12 noon

Free Movies

Wednesdays: 1 p.m. & 4:30 p.m.

Pool

The Pool Room is open Monday-Friday for drop-in play;

Friday tournaments 12:45 p.m.

1st Wednesday Scotch Doubles 12:45 p.m.

Gone to the Movies

Wednesdays: 1 p.m. & 4:30 p.m.

The Senior Activity Center is licensed to show free movies. Please join us for movies recently released to DVD and an occasional classic. Movies and Refreshments Sponsored by:



July 2: The Fifth Estate

(Rated R for language and some violence) A dramatic thriller based on real events that reveals the quest to expose the deceptions and corruptions of power that turned an Internet upstart into the 21st century's most fiercely debated organization starring Benedict Cumberbatch. 2 hrs 8 mins.

July 9: The Book Thief

(Rated PG-13 for some violence and intense depiction of thematic material) While subjected to the horrors of World War II Germany, young Liesel finds solace by stealing books and sharing them with others. In the basement of her home, a Jewish refugee is being sheltered by her adoptive parents starring Geoffrey Rush. 2 hrs 11 mins.

July 16: Sanctum

(Rated R for language, some violence and disturbing images) An underwater cave diving team experiences a life-threatening crisis during an expedition to the unexplored and least accessible cave system in the world starring Rhys Wakefield. 1 hr 48 mins.

July 23: Frozen

(Rated PG for some action and mild rude humor) Fearless optimist Anna teams up with Kristoff in an epic journey, encountering Everest-like conditions, and a hilarious snowman named Olaf in a race to find Anna's sister Elsa, whose icy powers have trapped the kingdom in eternal winter starring Kristen Bell. 1 hr 42 mins.

July 30: Grudge Match

(Rated PG-13 for sports action violence, sexual content and language) A pair of aging boxing rivals are coaxed out of retirement to fight one final bout -- 30 years after their last match starring Robert De Niro and Sylvester Stallone. 1 hr 53 mins.

Aug 6: Facing the Giants

(Rated PG for some thematic elements) A losing coach with an underdog football team faces their giants of fear and failure on and off the field to surprising results. This faith based film stars Alex Kendrick. 1 hr 51 mins.

Aug 13: The Hobbit (The Desolation of Smaug)

(Rated PG-13 for extended sequences of intense fantasy action violence, and frightening images) The dwarves, along with Bilbo Baggins and Gandalf the Grey, continue their quest to reclaim Erebor, their homeland, from Smaug. Bilbo Baggins is in possession of a mysterious and magical ring starring Ian McKellen. 2 hrs 41 mins.

Aug 20: Secret Life of Walter Mitty

(Rated PG for some crude comments, language and action violence) A day-dreamer escapes his anonymous life by disappearing into a world of fantasies filled with heroism, romance and action. When his job along with that of his co-worker are threatened, he takes action in the real world embarking on a global journey that turns into an adventure more extraordinary than anything he could have ever imagined starring Ben Stiller. 1 hr 54 mins.

Aug 27: The Monuments Men

(Rated PG-13 for some images of war violence and historical smoking) An unlikely World War II platoon is tasked to rescue art masterpieces from Nazi thieves and return them to their owners starring George Clooney. 1 hr 58 mins.



Monday Social Dinners

2nd Monday of Each Month: 4:45-5:30 p.m.

Join us once a month for a delicious dinner. Leave the cooking to us and support the Wellness Team. Why not bring the whole family? All ages are welcome. To aid in planning, please pre-register by calling or stopping by the front desk. Cost is \$6 per person.

Monday, July 14:

Grilled chicken both white and dark meat, macaroni salad, baked beans, watermelon and strawberry shortcake.
Course # 41562

Monday, August 11

Grilled hamburgers, with all the trimmings, Cole slaw, corn on the cob, baked beans and dessert.
Course # 41563

FREE EVENING ACTIVITIES

The Auburn Senior Activity Center is open for evening hours Monday–Wednesday from 5–9 pm. Please join us for an evening of fun activities, play pool, use the computer, or simply relax and read a book by the fire.

Pinochle Parties

Mondays: 5:45-9 p.m.

Mexican Train Dominoes

Tuesdays: 5:45-8:30 p.m.

Wednesdays: 5:45-8:30 p.m.

Movies

Wednesday: 4:30 p.m.

Computer Lab

Open for drop-in use

Mondays: 5-9:00 p.m.

Tuesdays: 5-9:00 p.m.

Wednesdays: 5-9:00 p.m.

Pool

Open for drop-in play

Mondays: 5-9 p.m.

Tuesdays: 5-9 p.m.

Wednesdays: 5-9 p.m.

Pool Tournaments

Mondays: 6-9 p.m. (sign up by 5:45 p.m.)

1st Monday: Mixed Doubles 8-Ball

2nd Monday: Ladies 8-Ball

3rd Monday: Mixed Doubles 9-Ball

4th Monday: Ladies 9-Ball

In the Spotlight: Book Club



First Tuesday :
10 a.m. - 12 p.m.

Food and meals



Weekday Lunch Program

The Auburn Senior Activity Center hosts a weekday lunch program on site that is operated and managed by Catholic Community Services. Chef Peggy serves delicious, cooked from scratch, balanced meals in a welcoming dining room setting. All meals meet one-third recommended daily allowance for persons 60 years of age and older. Lunch is held Monday-Friday.

11:00 am - Registration Table Opens
11:30 am - Salad Bar Opens
12 noon - Entrée Served

Menu & Prices:

Entrée of the day:

\$3 suggested donation age 60 or over
\$6 under age 60

Salad Bar:

Small side salad is included with your entrée
\$1 for a salad bowl
\$3 for a lunch plate-Entrée salad

All options include milk and coffee

Eat at the Center often? Age 60 or over?
Take advantage of a pre-purchase punch card!
5 meals: \$15 suggested donation
10 meals: \$30 suggested donation
20 meals: \$60 suggestion donation

The salad bar is supported by the City of Auburn Human Services, Canterbury House and Mike and Sharon Schooley. Personal donations are always accepted.



Coffee Bar

Coffee, tea, hot chocolate and spiced cider.

Suggested Donation:

.50 per cup
.75 per mug
\$1.00 per large travel mug
.75 bottled Water

Punch cards are available - 10 punches for \$5. Purchasers receive a free cup of preferred beverage for each punch card filled. While on duty, baristas punch cards for each cup. The Honor System is in effect for cash or punch cards during self-serve hours. Mini-Punch cards are available for those wanting to give or use single to 5-cup punch cards.

Assorted snacks available for 75 cents.

Meals on Wheels

Eligibility: 60 and over, and homebound (most days)

Cost: Suggested donation of \$3 per meal

Delivery: Weekly on Friday mornings
Seven frozen meals per order for delivery.

Nutrition Supplements

(Variety of Ensure® products)

Eligibility: 60 and over and homebound (most days).

The cost varies by product. We deliver weekly on Friday.

For details and/or applications, call Matt at 253-931-3016. Pierce County call 253-474-1200. or go directly to Senior Services at www.seniorservices.org/foodassistance/MealsonWheels to submit an application on line.



Senior Savers Pantry

Shop for low-cost foods two days per month (see below). If you are new to the Pantry scene, what we do is purchase foods in bulk quantity at low prices, re-package them into individual sizes, and pass the savings on to you.

A wide variety of items are available, such as cereals, grains, cheese, spices, raisins, juice, soup, etc. All seniors, regardless of income level, are welcome.

Thursday, July 10, 9am-1pm

Friday, July 11, 9am-12 noon

Thursday, August 7, 9am-1pm

Friday, August 8, 9am-12 noon

Thursday, September 4, 9am-1pm

Friday, September 12, 9am-12 noon

Many have asked where we find the products we carry in the Pantry. Well, the answer is EVERYWHERE. We buy many of our products in 25 and 50 pound bags or boxes. A wonderful group of volunteers have the job of repackaging into 8 ounce and 1 pound packages. A good example is flour and sugar. Most of our shoppers do not want or need a 5 or 10 pound container. Their family is smaller now and some are even alone. They do not cook or bake like they did a few years ago and a 5 or 10 pound bag would last them way too long. That is why we always have flour and sugar on hand in one pound packages, usually 50 to 60 cents. A great saving over one pound commercially packaged products.

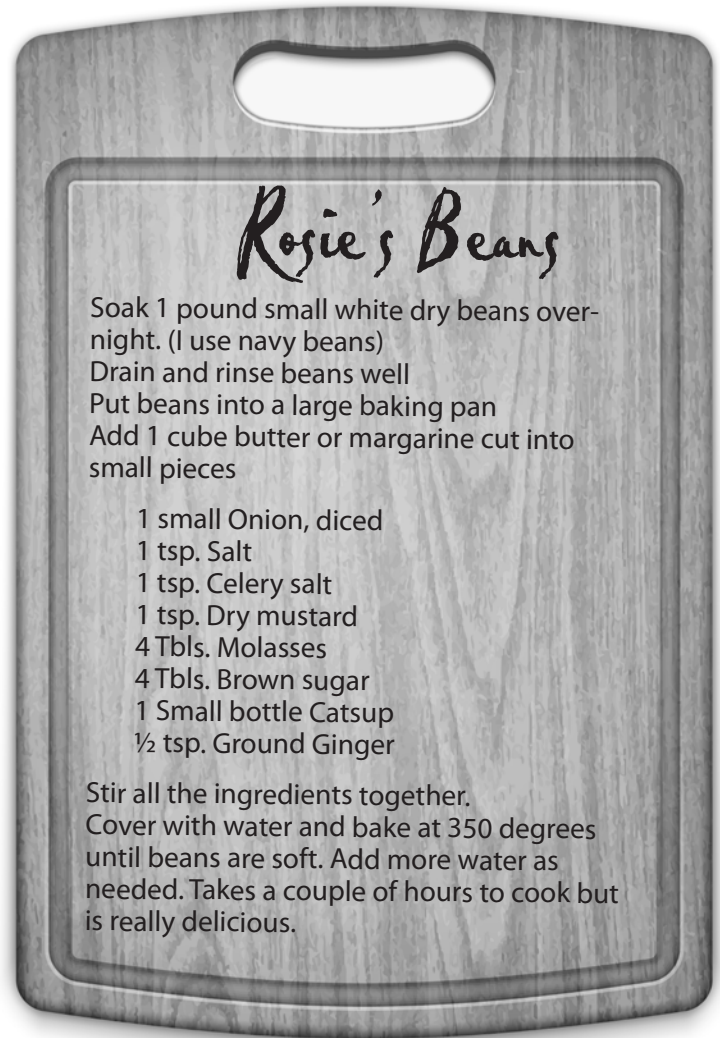
Our spices are also repackaged in 2 or 3 ounces, just enough to allow us to have fresh spices all year long. Our oats, dried beans, rice and grains are also a good buy because they are purchased in large quantities and repackaged.

Our fruits, vegetables, soups and sauces are also bought by the case so they are less expensive per can.

All of our cheese (we carry around 50 different choices), are packaged in smaller sizes and are 40 to 60 percent less expensive than at a grocery store. We buy from the very same distributor as the big box stores.

You, the shopper, are our best sounding board. Many have asked us to carry new products such as Arborio Rice, 13 Bean Soup Mix and Quinoa to name a few. We listened and now they are part of our regular stock. Come in and visit, tell us what you would like to see in the pantry and of course stay to shop.

Many recipes are always on hand for you to try.



Volunteers

Senior Center Advisory Council

The Senior Center Advisory Council is a diverse group of Center participants who meet with staff monthly to brainstorm ideas on center operations and services, review Wishing Well suggestions, brainstorm solutions to problems, etc. Current minutes and Wishing Well suggestions are posted on the Advisory Council Bulletin Board. Check it out. Meetings are the third Tuesday of each month at 10:00 a.m. All are welcome.

Tuesday, July 15 at 10 a.m.

Tuesday, August 19 at 10 a.m.

Volunteer News

It's fresh flower time – what to share?

It is time for our annual fresh flower request. We love it when you share your garden delights throughout the spring and summer months. We promise to ooh and aah when your contribution arrives. The center has a supply of vases, no need to bring your own. Thank you in advance!

Birthday Treat for volunteers!

If you volunteered at least five hours at the Senior Activity Center the month prior to your birthday, you will receive a complimentary, regular lunch certificate through the mail. Have we missed you or a friend? Let Radine know. You may use your certificate for the birthday celebration or for any lunch during the month of your birthday.

Volunteer Root Beer Float Party

Volunteers are the heart of the Center. August 19th at 2pm we are hosting a Root Beer Float party at Game Farm Park's Picnic Shelter to thank them. All Senior Center Volunteers are invited to enjoy a tasty treat, the beautiful park, and visiting with fellow volunteers. This is one way of thanking you for all the hard work you do. Please meet us at the park.



Volunteer Opportunities

Below are some of the current volunteer needs at the Auburn Senior Activity Center. Where might your time and talents fit? Stop by or call for an appointment with Radine to learn more.

Granny's Pie Shack: Friday, July 4

Volunteers are needed to staff the pie shack during the 4th of July Festival in Les Gove Park. Sign up for shifts at the front desk.

Respite/Adult Day Care:

2nd and 4th Tuesdays and/or every Friday, 10 a.m. – 3 p.m. Assists staff in providing companionship, activity support and assistance to participants and families.

Computer Tutor: Weekdays, 10 a.m. – 12 p.m., 1 – 3 pm Tutor seniors in basic computer skills, help in the computer lab.

Noon Meals: Weekdays, 10 a.m. – 2 p.m.

Many different opportunities including but not limited to dining room set-up, lunch registration, meal preps, salad bar prep, dishes, clean up

Senior Savers Pantry: 1st W-F, monthly, 9 a.m. – 1 p.m.

Package, divide, set up and sell food.

Meals on Wheels: Days and times vary according to duties Options: Call participants, Prepare and pack meals, deliver meals to participants.

Meals on Wheels Office Coordinator:

Organize meals forms for meals delivered and new orders in preparation for placing order and for following week's meals distribution; prepare deposit.

Barista: Weekdays, 8:30 a.m. – 12 p.m. or 12-3 p.m.

Make and serve coffee and other beverages. Visit with customers.

Office Volunteer:

Weekdays, 8 a.m.–12:30 pm or 12:30 – 4:30 p.m.

Provide general assistance to the center and its participants with clerical support, computer registration, multi-line phones, assist with special projects.

Host/Hostess: Weekdays, 9 am – 12 p.m. or 12-3 p.m.

Greet participants, get people to register, give directions and center tours.

Health and wellness

Wellness Team

Wellness Team Meetings

The Auburn Senior Wellness Team supports the Senior Activity Center by providing a monthly social dinner, offering an annual wellness fair, and by volunteering at a variety of community special events. They meet once a month on the first Tuesday at 9:30am. See Rocky for more information.

Foot Care

Foot Care provided by Karen's Foot Care

A licensed Nail Care Technician, Karen Poppleton and has provided foot care at the Center for over 10 years. You must bring a towel to the appointment. You can make a foot care appointment up to four months in advance. Call the Center to book an appointment or book your next appointment with your nail care technician at the time of service. Do you need a scholarship for foot care? Ask your foot care provider.

Mondays: By Appointment Only

Call 253-931-3043

Fee: \$27

Blood Pressure Screenings

Cantebury House offers free blood pressure checks at the Senior Center each month.

Monday, July 28, 11 a.m.- 12 p.m.

Monday, August 25, 11 a.m.-12 p.m.

Massage

Leslee Jo provides therapeutic massage by appointment at the Auburn Senior Activity Center. She has 20 years of experience as a Massage Therapist. Experience the benefits that therapeutic massage has to offer. Massage is proven to improve your overall health and may decrease chronic pain. Appointments for the next four months can be made at the front desk.

Tuesdays: By Appointment Only

Fridays: By Appointment Only

Fee: \$20 for 15 min., \$33 for 30 min. and \$53 for 60 min.

Dental Services

Taking good care of your teeth and gums is important for your mouth, your overall health and self esteem. Darcy Spencer-Wenger, a dental hygienist, from *Healthy Smiles* is at the Center the 3rd Thursday and Friday of each month to offer her services. Services include: full scale teeth cleaning, cleaning of dentures and partials, application of fluoride varnish, assessing oral health, measuring the gum pockets, oral hygiene instruction, and referrals to local dentists and specialists. Please call for an appointment. You must be over age 50 to use this service.

Thursday, July 17 & Friday, July 18

Thursday, August 21 & Friday, August 22

By Appointment Only

Fee: \$77



Health services include foot care, seasonal flu shots, blood pressure screenings, massage, dental services, and more.

Senior Support Services

Senior Support Services: help when you need it

Give us a call regarding senior needs, the Center serves as a key information and referral site for seniors. We offer many support services, including information on subjects such as social security; wills; health insurance; and tax counseling. We also maintain a loan closet for lending medical equipment to those in need.

Senior Information and Assistance

Advocates have access to a database of over 7,000 community services and can provide information about a number of available services for King County seniors.

206-448-3110

1-888-435-3377 King County only

1-800-562-0332 Pierce County only

Need help but don't know where to turn?

Dial 2-1-1 to be connected with the most comprehensive information on health and human services available to King County residents. 211's Information and Referral Specialists are experts in understanding the eligibility requirements of many human service systems. They are experts on food, shelter, housing, rent and utility assistance, legal assistance, financial assistance, governmental assistance programs, health care, employment, education and family support programs. Whatever your questions, call us so they can help.

Veteran Services

The King County Veterans Program provides information and assistance in obtaining county, state and federal veterans benefits, programs and services. This includes VA medical benefits, financial assistance programs, referral to other agencies for housing, employment, life stability, and more. Contact Joel Estey, 206.612.2816 to schedule an appointment at the Auburn Senior Activity Center.

The Veterans of Foreign Wars provide a service officer on site at Auburn Senior Activity Center to assist eligible veterans, and surviving spouses/family members in applying for Federal Veterans Administration benefits. This includes service-connected disability benefits, surviving spouse benefits, burial benefits and Aid and Attendance Benefits for the disabled and elderly. To schedule an appointment contact Cindy Kartes, VFW, at 253.205.5883.

Senior Rights Assistance Program - Estate Planning Information

Diana Paris, SRA volunteer, is trained to provide guidance and information in the following areas: wills, power of attorney, living will, living trust, community property agreements, and/or probate. Call for an appointment, available once a month, on the third Wednesday.

Wednesday, July 16

Wednesday, August 20

Statewide Health Insurance Benefits Advisors (SHIBA)

Chuck Wright, trained SHIBA volunteer, provides guidance and information in the following areas: Medicare, Medicaid, long term care insurance, and group insurance. Call for an appointment, available once a month.

Thursday, July 10

Thursday, August 14

King County Metro-Orca Card

If you are 65 years or older, you can receive your Regional Reduced Fare Permit as part of your Orca card for \$3 at Auburn Senior Activity Center. If you are under the age of 65 you can purchase an Orca Card when Metro is present at the Center. King County Metro is typically at the Center on the third Wednesday of the odd numbered months from 9:30-10:30am. Orca Cards can be reloaded here at the Senior Center when the Orca representatives are present or anytime at the Auburn Safeway. Please call the Senior Activity Center to confirm the date.

July 16, 9:30-10:20 a.m

Humane Society's Senior Pet Food Program

Through this program free pet food is delivered to our Senior Center. For more information and to sign up to participate, call the Senior Center at 253-931-3016.



General information



Mayor
Nancy Backus

City Council

Claude DaCorsi
John Holman
Wayne Osborne
Bill Peloza
Yolanda Trout
Richard Wagner
Largo Wales

Park & Recreation Board

Richard Artura
Joe Bauman
Greg Dobbs
David Domenowski
Vicki Gilthvedt
Michael Hassen
Laura Keim

2013-2014 Senior Center Advisory Council

Gerty Chase
Cherie Cook
Annie George
Jim Granquist
John Grasby
Barbara Malesis
Edna Pelletier
Carol Riddle
Rose Wiemes
Robert Carney
Ethel Craven-Sweet
Bruce Kolsky
Charlee Olim
Amy Pethram
Margaret Pullar
Dee Taylor
Leonard Timmons

Parks, Arts & Recreation Department

Daryl Faber, Director

Auburn Senior Activity Center Staff

Radine Lozier
Senior Center Supervisor

Rocky Kirwin
Recreation Coordinator

Matt Davis
Recreation Specialist

Janet Koch
Office Assistant

Jessica Wiest
Facility Assistant

Peggy Strain
Nutrition Site Manager
Catholic Community Services

Useful Phone Numbers

Auburn Senior Activity Center:.....253-931-3016

Auburn City Hall.....253-931-3000
Auburn Golf Course.....253-833-2350
Auburn Food Bank.....253-804-5696
Auburn Housing Repair.....253-931-3090
Auburn Library.....253-931-3018
Auburn Parks, Arts & Recreation.....253-931-3043
Auburn Police (Non-emergency).....253-288-2121
Auburn Valley Humane Society.....253- 249-7849
 Non -Emergency Animal Control253-931-3062
Basic Cable Service Discount 253-931-4753 x2
Energy Assistance..... 1-800-348-7144
Free Legal Services.....206-267-7070
Property Tax Deferral Program206-296-3920

Pick up this months Word Search at the front desk.

Senior Information & Assistance

King County.....206-448-3110
Toll Free King County only..... 1-800-435-3377
Toll Free Pierce County only 1-800-562-0332
Social Security 1-800-772-1213
Transportation
 Access.....206-205-5000
 Hyde Shuttle.....206-727-6262
 King County Metro206-553-3000
 Volunteer Transportation.....206-448-5740
Volunteer Chore Services 1-888-649-6850
White River Valley Museum253-288-7433



Follow the Auburn Senior Activity Center on **FACEBOOK** to keep up to date on all of the Center happenings.

Auburn Senior Activity Center
808 9th St SE, Auburn, WA 98002
253-931-3016
www.auburnwa.gov/seniors

Registration info.

4 FOUR WAYS TO REGISTER



Online You're First in Line

Online Registration: Fast, Convenient and No Extra Fees
www.auburnwa.gov/play

Please Note

Payment must be made when registering on-line, in person, by telephone, or by mail.

First Day of the "New Brochure Month" Registration Procedures:

- Walk-in, online and telephone registrations begin at 8:30 a.m.
- First-Come, First-Served number distribution begins at 8 a.m.
- You may register yourself and two others for any activity, class, trip, special event, etc.
- The number system will be used for all walk-in and telephone registrations.
- Walk-in registrants may leave a completed form with attached number and check or credit card information or they may wait until their numbers are called and pay with cash as well.
- Telephone registrations will be assigned a number in the order in which the call is received beginning at 8:30 a.m.
- Registrants need to be patient; the number of registrations is unusually heavy on the first registration day of the month in which the bi-monthly brochure is released.
- Mail In registrations will be processed after noon on the first working day of the registration month or the day received thereafter.

Refund/Credit Policies for Trips and Classes:

Following are summaries of refund/credit policies adopted by the Park Board. These policies will be in effect when participants cancel trips, hikes or classes. See Senior Center Supervisor with questions.

*For activities with a fee of **more** than \$5, a \$5 administrative fee will be charged if the person wants a refund check sent to him/her. For activities with a fee of **less** than \$5, credit will be placed on the individual's account for use toward the cost of a future activity. There will be no administrative fee charged for credits left on account or for credits transferred to another activity.

*Refund requests made after the activity has begun, due to illness or injury, must be made in writing and may be granted on a prorated basis when possible. Senior Center Supervisor must approve requests.

*If a participant is not satisfied with a class scheduled to meet four (4) times or more, he/she may, in writing, identify his/her concerns and request one of the following:

Repeat class at no additional cost.

Receive credit that may be applied to another activity.

Receive a refund with no administrative charge.

The written request must be received before the third scheduled session of the activity and must be approved by Senior Center Supervisor. This policy applies to programs except trips and tours, outdoor programs and all adult and youth team sports leagues.

Our brochure is available to be mailed for annual fee of \$12. Please call or stop by the front desk if you would like to have it mailed to you.

1.



ONLINE:

Auburn at Play

On-Line visit

www.auburnwa.gov/play for 24-hour convenience to register with VISA/MasterCard.

2.

WALK IN:

Walk in registrations will be processed Monday through Friday, 8:30 a.m.-5 p.m. at the Senior Activity Center except on the first working day of the month. On the first working day of the month, we start assigning numbers on site at 8 a.m. See procedures at left.

3.



PHONE IN:

Telephone registration and sign-up for services will be accepted Monday through Friday, 8:30 a.m.-5 p.m.

253-931-3016

4.



MAIL IN:

Registrations will be processed after noon on the first working day of the registration month or the day received thereafter.

AUBURN SENIOR ACTIVITY CENTER REGISTRATION FORM



Participant Last Name		First Name	
Spouse Last Name (if applicable)		First Name	
Address		City	Zip
Home Phone (include area code)		Cell Phone (include area code)	
Email Address			
Participant Birthdate (MM/DD/YYYY)	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	Spouse Birthdate (MM/DD/YYYY)	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female

ACTIVITY NAME & PARTICIPANT NAME	BARCODE NO.	ACTIVITY FEE
1.		
2.		
3.		
4.		
5.		
6.		
7.		

PAYMENT INFORMATION		PAYMENT TYPE: <input type="checkbox"/> CHECK/CASH <input type="checkbox"/> VISA <input type="checkbox"/> MASTERCARD
NAME ON CARD		TOTAL DUE \$
VISA or MASTERCARD NO.		EXP. DATE (MM/YY)

Over 18 Participant Signature required –
 I am eighteen years of age or older, fully competent and I desire to participate in the City of Auburn's sponsored recreation activity of the above named activity(ies). I am fully aware of the fact that there are special dangers and risks inherent in this activity, including, but not limited to, the risk of serious physical injury, death or other harmful consequences that may arise or result directly or indirectly to me from my participation in this activity. Being fully informed as to these risks and in consideration of my being allowed to participate in the City of Auburn's sponsored activities and/or use of facilities, I hereby assume all risk of injury, damage and harm to myself arising from such activities or use. I also hereby individually and on behalf of my heirs, executors and assigns, release and hold the City of Auburn, its officials, employees, volunteers and agents harmless, and waive any right of recovery that I might have to bring a claim or a lawsuit against them for any personal injury, death or other consequences occurring to me arising out of my voluntary participation in this activity. I grant the City of Auburn the right and permission to use or copyright, and re-use, publish, or re-publish photographic pictures, video, electronic images or other reproduction taken during classes for publicity purposes by the Auburn Parks, Arts & Recreation Department.

Signature	Date
-----------	------

GRANNY'S PTEE SHACK

07.04.14

11AM - 4PM

LES GOVE PARK
1005 12th Street SE

FOOD COURT
LIVE MUSIC
CAR SHOW

FACE PAINTING
CRAFT VENDORS

INFLATABLE RIDES

KIDS PATRIOTIC BIKE PARADE

AND LOTS MORE!



SUMMER BBQ

REGISTRATION STARTS
JULY 1



Summer is here, which means it is time to enjoy our patio. We have scheduled special BBQ lunches once a month in July, August, and September.

Please purchase tickets in advance at the front desk. \$3 suggested donation/\$6 for those under 60.

July 8 | Tuesday | 12 p.m. | Hamburger with Grilled Onions | 41582

August 13 | Wednesday | 12 p.m. | BBQ Chicken | 41583

September 11 | Thursday | 12 p.m. | Polish Dogs with Sauerkraut | 41584

Senior Activity Center | 808 Ninth Street SE, Auburn, WA 98002 | 253-931-3016